

Handout 4.1: *Menu Criteria Windowpane, Answers*

Refer to Handout 1.2: *Criteria of the HealthierUS School Challenge* to identify the criteria each picture represents. Record ideas in the windowpane.

 <p>5 different vegetables each week</p>	 <p>1 serving of dry beans & peas each week</p>	<p>5 different fruits each week</p> 
<p>Whole-grain food minimum of 3 times a week for Bronze/Silver; daily for either Gold award.</p> 	 <p>Only low-fat or fat-free milk</p>	 <p>Offer 1 fresh fruit/week for Bronze & Silver; 2 fresh fruits for either Gold award.</p>
 <p>Limit juice to 1 time per week; 100% juice</p>	<p>Every student has the opportunity to select a HUSSC meal</p> 	 <p>Dark green or orange vegetable 3 times a week</p>

Handout 4.3: *Evaluating the Sample Week's Menus, Answers*

Menu No. 1:

1. What are the choices for students in this menu?
 - a. If the salad bar is self-serve, students can select which fruits and vegetables they want, and how much.
 - b. Students can select the type of milk they want.
 - c. Other than that, the student can decide whether or not to take the item (offer versus serve).
 - d. With this type of simple menu, all students have the opportunity to select or be served the Challenge food item such as dark green and orange vegetables, whole-grain products, and such.
2. Are there adequate whole grains in this week for the Bronze/Silver and both Gold awards? Is there a variety of whole grains?

No. Whole grains are shown only on Tuesday and Friday and the Bronze/Silver awards require at least 1 serving of whole-grain food to be offered 3 or more days per week. There is variety since more than one whole-grain product is offered but the basic requirement of whole-grain foods offered 3 or more days per week is not met.

3. How could the menu be modified to offer more whole grains?

The Bread Sticks on Monday could be whole grain, and the Spanish Rice could be made with brown rice. This menu would then meet the Silver criteria for whole grains (3 servings/week and at least 2 varieties). To meet the Gold criteria, additionally a whole grain would have to be added to Wednesday's menu.

4. Do all students have the opportunity to select a lunch that meets the HUSSC criteria?
Only as modified.

Menu No. 2

1. On Monday, if a child selects the Salisbury Steak menu, will they be able to select a whole grain?

No, the whole grain is served with the PB&J.

2. If a child selects the PB&J bag lunch on Monday will they be able to select a dark green or orange vegetable?

No, the only vegetable is celery sticks. However the Salisbury Steak menu has broccoli for a dark green vegetable.

3. If a child selects the PB&J bag lunch every day, will they meet the vegetable and fruit criteria?

No. There are only three different vegetables, and only one type of fruit. Dry beans or peas are not offered as a part of the PB&J menu.

Handout 4.3: *Evaluating the Sample Week's Menus*, Answers (Continued)

4. Are there any dry beans or peas offered this week?

Yes, on Wednesday Baked Beans with the Hamburger meal but Baked Beans are not available to the student who selects the bag lunch.

5. Do all students have the opportunity to select a lunch that meets the HUSSC criteria?

No.

Menu No. 3

1. Throughout the week, are there different vegetables offered each day? Circle the different vegetables.

Yes.

Monday: Green Peas or Lettuce and Tomato

Tuesday: Spinach Salad or Baked French Fries

Wednesday: Mashed Potatoes or Tossed Salad

Thursday: Corn or Baked Beans

Friday: Green Beans or Carrot Raisin Salad

2. Throughout the week, how many dark green and orange vegetables are offered? Circle them.

Three. Tuesday: Spinach Salad, Wednesday: Tossed Salad w/ Romaine, Friday: Carrot and Raisin Salad.

3. Would they qualify for a Gold award for the Vegetable criteria?

Yes.

4. Throughout the week, how many whole grains are offered? How many varieties? Circle the whole grains on your menu.

Five, one each day. There are 3 varieties of whole grain products.

Monday WW Bun, Tuesday Brown Rice, Wednesday WW Roll, Thursday WW Bun,

Friday Brown Rice. Varieties include Brown Rice, WW Bun, WW Roll.

Handout 4.3: *Evaluating the Sample Week's Menus, Answers* (Continued)

5. Throughout the week, is a different fruit offered each day? Circle the different fruits.

No. There are only four different fruits. A fruit is not offered on Thursday.

Monday: Orange Sections

Tuesday: Fruit Cocktail

Wednesday: Apple Wedges

Thursday: No fruit offered

Friday: Canned Peaches

6. Are there any dry beans or peas offered? Circle them.

Yes, Baked Beans on Thursday.

7. On Wednesday, which sides have you already circled?

Tossed Salad w/ Romaine and Whole Wheat Roll

You can probably see a problem here. If a child selects the Tossed Salad w/Romaine and Whole Wheat Roll for her sides, then she can't select the Apple Wedges. Thus she will not be able to select fresh fruits for a Gold award. How could this be remedied?

- **Offer the fresh fruit on another day. Replace one of the canned fruits with a fresh fruit.**

OR

- **Group the Grains/Breads together (WW spaghetti and WW roll) and allow child to choose 1 G/B. Group F/V together and allow 2 choices.**

8. Do all students have the opportunity to select a lunch that meets the HUSSC criteria?

No

Handout 4.5: Lunch Menu Worksheet – GOLD or GOLD Award of Distinction

Dates Menu 4 was served: September 22-26, 2008

Sample Menu <u>4</u>			
Menu Planning Approach Used: <u> </u> Traditional <u> </u> Enhanced <u> </u> NSMP			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPTIONAL)
Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i>	M Mashed Potatoes, Green Beans, Shred Let/Tom T Tater Wedges, Carrot Sticks W Potato Salad, Celery Sticks, Tossed Salad T Green Beans, Green Peppers F Corn, Tossed Salad	1. ½ c, ½ c, ¼ c 2. ½ c, ½ c 3. ½ c, ¼ c, ½ c 4. ½ c, ¼ c 5. ½ c, ½ c	
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size)	1. Carrot Sticks on Tuesday 2. Romaine on Wednesday 3.	1. ¼ c 2. ¼ c 3.	Does not meet HUSSC Criteria: missing third dark green or orange vegetable.
Cooked dry beans or peas (legumes): Offer at least once a week (at least ¼ cup serving size).	1. Lentils on Monday	1. ½ c	
Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i>	M Apple T Fruit Sorbet W Peaches T Orange Wedges F Applesauce	1. 1 med 2. ¼ c 3. ½ c 4. ¼ c 5. ¼ c	Does not meet HUSSC Criteria: Apple and Applesauce are from the same fruit.
Fresh fruit: Offer fresh fruit at least 2 days a week (at least ¼ cup serving size).	1. Apple 2. Orange Wedges	1. 1 med 2. ¼ c	
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day.	M W W Roll T W W Bun W W W Roll T W W Tortilla F Pizza Crust	1. 2 oz 2. 2 oz 3. 2 oz 4. 1 oz 5. 1 oz	Verify that all whole grain products are one serving in NSLP and that at least half of the whole grain foods have a whole grain listed as 1 st ingredient.
1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?			<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
2. Does this week's menu meet the HUSSC menu criteria?			<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

Handout 4.5: Lunch Menu Worksheet – GOLD or GOLD Award of Distinction

Dates Menu 5 was served: November 10-14, 2008

Sample Menu <u>5</u>			
Menu Planning Approach Used: <u> </u> Traditional <u> </u> Enhanced <u> </u> NSMP			
LUNCH MENU CRITERIA	FOOD ITEM	PORTION SIZE	COMMENTS (OPTIONAL)
Vegetables: Offer a different vegetable every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same vegetable are considered the same, i.e. mashed potatoes and tater tots are both potatoes.</i>	M Mashed Potatoes, Broccoli T Tom/Lettuce/Onion, Tater Tots W Potatoes O'Brien, Carrots T Tossed Salad, Baked Beans F Sweet Potatoes, Corn, Salad w/ Spinach	1. ½ c, ½ c 2. ¼ c, ½ c 3. ½ c, ¼ c 4. ¼ c, ½ c 5. ½ c, 3", ½ c	
Dark green or orange vegetables: Offer dark green or orange vegetables on 3 or more days per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size)	1. Broccoli on Monday 2. Glazed Carrots on Wednesday 3. Romaine on Thursday (also Spinach on Friday)	1. ¼ c 2. ½ c 3. ½ c	
Cooked dry beans or peas (legumes): Offer at least once a week (at least ¼ cup serving size).	1. Baked Beans (also Navy Beans in Soup)	1. ½ c	
Fruits: Offer a different fruit every day of the week (at least ¼ cup serving size). <i>Note that various preparations of the same fruit are considered the same, i.e. fresh apples and applesauce are both apples.</i>	M Orange T Peaches & Pears W Applesauce, Kiwi T Apricots F Banana	1. ¼ c 2. 3/8 c 3. ¼ c ¼ c 4. ¼ c 5. 1	
Fresh fruit: Offer fresh fruit at least 2 days a week (at least ¼ cup serving size).	1. Orange on Monday 2. Kiwi on Wednesday (also Banana on Friday)	1. ¼ c 2. ½ c	
Whole grain foods: Offer at least 1 serving of whole grain food every day, and may not be the same one each day.	M W W Roll T W W Bun W W W Bread T W W Bun F W W Bun	1. 2 oz 2. 2 oz 3. 1 oz 4. 2 oz 5. 2 oz	Verify that all whole grain products are one serving in NSLP and that at least half of the whole grain foods have a whole grain listed as 1 st ingredient.
1. Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day?			X Yes <input type="checkbox"/> No
2. Does this week's menu meet the HUSSC menu criteria?			X Yes <input type="checkbox"/> No